



You're Invited to the County Awards & Leader Recognition Banquet

The banquet will be held on January 24, 2007 at the Macomb ISD located south of Hall Road on Garfield. The Banquet will start at 6 p.m. sharp. Nominees are free, but there will be a \$6/person cost for others to attend. Everyone is invited and don't forget to RSVP by January 9th! *Invitations will not be mailed.*

4-H'ers Encouraged to Apply for Awards

The Michigan State 4-H Awards Program is an opportunity for 4-H'ers members 13-19 years of age as of January 1, 2007, with three or more years of experience in 4-H, to meet new friends, gain leadership skills, increase their interviewing skills, improve their writing skills, build their self-esteem and compete for recognition in more than 30 different project areas.

The Michigan State 4-H Awards Program includes county, regional and state level competitions. Program participants must submit completed individual or group awards application forms to their county MSU Extension staff by March 1. The applications are evaluated on the county level and submitted for regional competition. Regional winners are selected by early April. Regional winners can compete for state-level honors in one project area.

State winners are selected during the 4-H Awards Assembly, held at MSU during Exploration Days in June. Selection is based on the awards application and an interview. Winners are announced at the 4-H Awards Celebration, which is held on Thursday night of 4-H Exploration Days. For more information contact the 4-H Office or visit the State Awards website at <http://web1.msue.msu.edu/cyf/youth/staward.html>.

Mark of Excellence

Mark of Excellence is a recognition program for 11-12 year-old members. Interested 4-H'ers will write an essay focusing on a particular theme. 4-H members will have the opportunity to share their 4-H experiences with other 4-H youth in their county and across the state.

Each county may select up to two representatives to be recognized during the State Awards Celebration at MSU in June during 4-H Exploration Days. Participation in 4-H Exploration Days is not required but is strongly encouraged. Contact the 4-H office for contest guidelines or visit the Mark of Excellence website at <http://web1.msue.msu.edu/cyf/youth/staward.html>.

Submitted by Denise Lotan, 4-H Leader

Horse Judging Team Competes at Congress



Dianna Kroll, Katie Rinke, and Ashley Cerku competed at National Congress

Ashley Cerku, Diana Kroll, and Katie Rinke recently put in some long hours doing one of the things they do best, judging horses. On October 11th they tested their skills in the Quarter Horse Congress Youth Judging Competition held in Columbus, Ohio. In order to represent Michigan at Congress the team had to qualify by taking second place in the Senior Regular division at the Michigan 4-H Horse Jamboree this past April.

At Congress, Ashley, Diana, and Katie competed against 26 of the top 4-H, FFA, and Quarter Horse Youth judging teams from across the United States and Canada. During the contest, all competitors individually judged four halter classes and eight performance classes. Each contestant's placings were then compared to the placings of a panel of official judges and scored accordingly. After all classes were judged, every competitor was scored on his or her ability to recite from memory the rationale he or she used in placing four preselected classes. Although the Macomb County Team didn't end up in the top ten at Congress, they did turn in some very good scores while judging some high quality horses against stiff competition. The Macomb County 4-H Horse Judging Team is open to new members and will be starting up again soon. Please call Lucy Brown at (810) 326-0897 or e-mail lamckier@yahoo.com for more information.

Submitted by Lucy Brown, 4-H Leader

Macomb County 4-H Craft Workshop

The Macomb County 4-H Craft Workshop will be held on Saturday, April 21, 2007 at the MSUE building. The workshop will begin at 9:30am and end at 4pm. Please see the flyer enclosed in this month's newsletter. If you are interested in volunteering that day, please contact Christine Miller at (586) 469-6431.

Club & Committee News

Macomb 4-H Families Attend MSU Lady Spartans Basketball Game

Nearly 3,000 Michigan State University Extension (MSUE) 4-H youth, volunteers and their families were among the ranks of fans at the Nov. 19 women's basketball game between MSU and Texas-Arlington at MSU's Breslin Center. "MSUE 4-H Day with the Lady Spartans" is a celebration of the MSUE 4-H Youth Development program in Michigan.

The event also drew attention to a new 4-H program called Operation: Military Kids (OMK). The OMK program reaches out to "suddenly military" youth who have parents or older siblings deployed with the National Guard or the Army Reserve.

"These families have led mostly civilian lives in civilian communities and often don't have access to the same kinds of support services as families living on a military base," said Sheila Smith, 4-H program leader for OMK. "Through OMK, 4-H and our partner organizations try to involve these kids in recreational activities, provide emotional support to the kids and their families, and teach schools and communities about the special needs of families going through a deployment."

"MSUE 4-H Day with the Lady Spartans" brought together 4-H'ers from all over the state. National Guard and Army Reserve families were also invited to attend. Youth participating in the OMK program led the singing of the national anthem, and all game attendees had a chance to send a message of support to U.S. troops by signing a special OMK banner on display at the game.

4-H Children's Art Exchange

Every year, through the Michigan 4-H Children's Art Exchange, kindergartners to sixth graders are invited to send "visual letters" to children their own ages in China. Teaching kits are available to facilitate teaching about China and about making art. This is a great way to experience art from another culture.

Each kit includes a variety of art that Chinese youth have created to share with youth in the United States. Later in the year, a selection of Michigan artwork will be sent to China as a gift to the children of China. The deadline for submitting artwork to the County 4-H Office is April 13, 2007. To view artwork from 2005, go to <http://web1.msue.msu.edu/cyf/youth/michart05/index.html>. The teaching kit will be available in Macomb County from January-April 2007. For more information or to request a kit, contact Christine Miller at (586) 469-6431.

2007 4-H Exploration Days

4-H Exploration Days will be held June 20-22, 2007. The event is for youth 11 and up and adult chaperons. The cost will be the same as last year: \$155 for full-time participants and \$80 for commuters. The theme this year is "Make Your Best Better." There'll be a spectacular fireworks show after the Thursday night dance. Look for more information in future issues of 4-H Family Notes.

4-H Ice Fishing Derby

March 4, 2006

Information will be coming soon!

Contact Matt Roberts for details.

(586) 725-4437.

Trail Blazers Assembles Packs for Soldiers



4-H members Jordan DuBaere and Alex Ford, pictured with servicemen from Selfridge Air National Guard Base, delivered packs for departing soldiers to Selfridge. The packs were assembled by members of Trail Blazers 4-H Club.

Since August 2006, the local Trail Blazers 4-H Club has been assembling care packages monthly and giving them to soldiers leaving from the Selfridge Air National Guard Base in Harrison Township. Packs consist of snacks, Kleenex, lotions, games, etc. Each departing soldier received a pack. Members also put a letter or picture in the bags.

The club received donations for the bags from club families, churches, extended families, and the Alarro and Northern Macomb 4-H Clubs. Club members Alex Ford and Jordan DuBaere hand-delivered them to soldiers at Selfridge with the help of 4-H parent and volunteer, Jim Ford.

*Submitted by Jordan DuBaere, Reporter
Trail Blazers 4-H Club*

Upcoming Events

Peer Plus

January 19-21, 2007
Kettunen Center, Tustin

Be part of a popular teen and adult workshops offered by Michigan 4-H Youth Development. The workshop is divided into several tracks for you to choose from. In Track 1, you'll participate in activities that help you learn about yourself and others. You will participate in community service activities and develop the leadership skills you need to carry out your projects. In Track 2, you'll discover the power to Speak Out for Military Kids or SOMK! You'll participate in mock-deployment and discover what Operation: Military Kids (OMK) is all about in Michigan. With your new knowledge and skills you'll create presentations to share with others at Peer Plus and in your home community. Track 3, you'll be part of peer helper program called Helping Friends. You'll learn ways to help your friends, how to handle difficult issues and have fun in the process. More tracks may be added as we get closer to the date, so check with the 4-H office for current information. Open to teens and adults ages 14 and up.

MI 4-H Horse & Pony Project Benefit Clinic

February 3, 2007
MSU Pavilion, E. Lansing

This clinic will include, "Working Through the Obstacles of Trail and Horse Management Classes," featuring Chris Jeter, AQHA Approved Judge, Trainer and Clinician, from 11 a.m.-3 p.m. at the MSU Pavilion. Tickets are \$10 in advance or \$12 at the door. Riders are wanted! Selected riders will be notified by 1/12/07. The rider application deadline is Jan. 5, 2007. For more information contact Karen Waite at kwait@msu.edu or 517-353-1748.

4-H Tune Up Time

Jan. 12-13, 2007
Kettunen Center, Tustin

This workshop is designed for adult volunteers (21 and over) and 4-H Extension staff inter-

ested in furthering the success of local and county 4-H programs. During this workshop you will: - Learn new ways to get youth excited about learning - Improve your skills in designing and delivering activities that truly reflect "hands-on" learning - Explore new resources to build leadership skills for yourself and your members - Learn basic first aid skills for use during 4-H programming while assembling your own club/county first aid kit that you will take home.

4-H Teen Citizenship, Leadership & Service Conference

Jan. 27-28, 2007
Kettunen Center, Tustin

This exciting conference has teens from across the state converging on Kettunen Center to learn new leadership skills, make new friends and have fun. All tracks listed below are open to teens 14 years old and up and adults. This conference has sessions for both 4-H and non-4-H members. Track 1: 4-H Teen Leader Program: Designed for teens and leaders that want to learn new things to jazz up their teen leader programs. Learn new and fun icebreakers and ways to stay motivated. Learn about the roles and responsibilities of teen leaders, how to increase communication, and gain leadership and marketing skills. This track will help youth and adults strengthen partnerships, brainstorm new ideas and meet new teens and adults from across the state. Track 2: Peer Power and Empowering Teens: Explore the power within you...and learn how you can use it to help your peers, or promote teen activism in your community. Learn more about yourself and the skills needed to be an effective leader and peer helper. Adults will learn what they need to do to support and empower teens who take on these roles. Track 3: Teens and Adults Serving Together on 4-H Councils, Boards and Committees: The best

decisions are made when there is respect, involvement and a partnership between teens and adults working together. Learn tips on making meetings effective, how to get input from committee members, using multiple resources to strengthen the program and how to make 4-H a leader in youth development. Track 4: Citizenship Academies: Counties across Michigan are recruiting teens to learn about local issues and how they can influence community decision making. If you are a teen or adult who wants to get involved in public policy, social justice from a policy standpoint and local government, this session is for you.

4-H Horse Show Judging & Show Mgt. Conference

Jan. 6-7, 2007
Kettunen Center, Tustin

This conference provides continuing education opportunities for current Michigan 4-H horse regular and conditional judges, Extension staff, 4-H horse advisory committee members, State 4-H Horse Show committee members and horse superintendents/representatives from all Michigan counties. Participants can improve cooperation between superintendents and judges, increase the quality of horse show management techniques, and allow the learning of creative and innovative methods for making horse shows more educational for youth. The conference provides judges with updates in riding styles, class scoring, breed differences in events, and techniques for becoming better communicators with show managers and youth exhibitors. Open to Michigan 4-H horse regular and conditional judges, Extension staff, 4-H horse judges advisory committee members, State 4-H Horse Show committee members and one horse superintendent or show manager per county. Adults only.

Master Gardener Prg. Offered in Winter-Spring 2007

Jan. 11-Mar. 29, 2007
MSU Extension

Macomb MSU Extension's (MSUE) Winter-Spring 2007 Master Gardener Program will be

held on Thursdays, January 11 through March 29 from 9 a.m. to 1 p.m. Classes will be held in the Assembly Room of the VerKuijen Building located at 21885 Dunham Road in Clinton Township. Applications will be taken on a first come first served basis. Enrollment is limited, so apply early. Deadline for application is on or before January 6 or until the class is full. Cost of the program is \$230.

The Master Gardener Volunteer Training Program is a leader-training program for residents interested in learning about horticulture and the environment and willing to share knowledge with others. With the support of MSUE, participants are asked to complete a minimum of 40 hours of volunteer community service related to the education of others on horticultural and environmental issues. Call 586-469-6440 for details.

4-H Leader Meet 2007

Would you like to learn about innovative programming taking place in neighboring counties? The first Southeast region Leader Meet will take place on January 20th at the Bavarian Inn in Frankenmuth. At this event, volunteers and teen leaders can sign up for workshops on over 25 different topics ranging from photography, shooting sports, gardening, community service, State Awards to stress management, internet safety, financial management, health and fitness. Classes are filled on a first come, first serve basis so don't forget to register by January 5th for this wonderful opportunity. Cost is \$25. For more information contact the 4-H office.

4-H Rabbit & Cavy Show

Saturday, Jan. 27, 2007
Michigan State University
MSU Pavilion

Entry Fee: \$2.75/Class. Open to all Michigan 4-H members ages 9-19 (as of January 1, 2007). On-site registration begins at 6 a.m. For more information, call Christine Miller at (586) 469-6431 or e-mail Macomb.4h@macombcountymi.gov.

Other News

JMG Curriculum/Registration System Coming Soon

Master Gardeners and 4-H staff have been meeting periodically for the last year to develop a Michigan Junior Master Gardener curriculum, along with a logo and a statewide registration/certification system. The first drafts of the leader guide and the student handbook are in the process of being edited. They should be ready for use in the 2007 growing season.

A minimum of 12 hours of instruction, covering plant growth, soil and water, and insects and disease will be required. In addition, participants must complete 1 hour of volunteer service for each year of their age (i.e., 12 hours for a 12-year old). Adults wishing to offer an MJrMG program would register through the MG system and receive a password giving them access to the on-line curriculum. Once the instruction and volunteer hours are completed, they will receive certificates for qualified participants.

Capitol Experience

Registration is now open for 4-H Capitol Experience, a four-day conference where teens ages 14 and up meet Michigan legislators and see how our state government works.

The conference focuses on civic engagement and public policy. This coming year's events will be held from March 18-21, 2007 in Lansing and will include visits to such locations as the State Capitol Building, the Supreme Court, as well as State and Community agencies. Capitol Experience is open to high school teens and adult chaperones. The cost is \$225 per person, which includes meals and lodging. Applications and fees are due by January 26, 2007. For more information, call 586-469-6431 or visit <http://web1.msue.msu.edu/cyf/youth/capexp.html>.

People, Pets & Vets



Macomb County 4-H youths and volunteers promoted 4-H and MSU Extension at People, Pets & Vets, an annual event held at Macomb Community College Center Campus on November 4, 2006. Several dog, cat, exotic animals and farm animal information booths were set up throughout the facility. Many visitors stopped and learned about 4-H. It was an enjoyable day for everyone.

4-H Calendar of Events

County Events

January

- 1 Office closed
- 8 Outdoor Ed. & Rec. Prg. Committee mtg.
- 9 Hort. & Envir. Ed. Prg. Committee meeting, 6:30 p.m., VerKuijen Building
- 11 Companion Animal Prg. Committee mtg., 6:30 p.m., VerKuijen Building
- 12 Ambassador Club meeting, 6:30-8 p.m., VerKuijen Building
- 15 Office closed
- 16 Club Officer Trng., 6 p.m., VerKuijen Bldg.
- 17 Cat Project/Club meeting, 6 p.m., VerKuijen Building
- 22 Horse Program Committee meeting, 7 p.m., Camp Rotary
- 22 Livestock Prg. Committee meeting, 6 p.m., Armada High School
- 22 Livestock Sale Committee meeting, 7 p.m., Armada High School
- 24 County Awards Banquet, 6-9 p.m., MISD
- 31 4-H Youth Council meeting, 6:30 p.m., VerKuijen Building

February

- 1 Companion Animal Prg. Committee mtg., 6:30 p.m., VerKuijen Building
- 10 Comm. & Exp. Arts Prg. Comm. mtg., 10:30 a.m.-noon, VerKuijen Building
- 12 Outdoor Ed. & Rec. Prg. Committee mtg.,
- 13 Hort. & Envir. Ed. Prg. Committee mtg.,

- 6:30 p.m., VerKuijen Building
- 19 Office closed
- 28 Youth Gardening Instruction Part 1

March

- 1 Companion Animal Prg. Committee mtg., 6:30 p.m., VerKuijen Building
- 4 Ice Fishing Derby, Stoney Creek

State & Other Events

January

- 6-7 4-H Horse Show Judging & Show Mgt. Conference, Kettunen Ctr.
- 12-13 4-H Tune-Up Time, Kettunen Ctr.
- 19-21 Peer Plus Workshop, Kettunen Ctr.
- 20 Leader Meet, 8:30 a.m.-3:30 p.m., Bavarian Inn, Frankenmuth
- 27 4-H Rabbit & Cavy Show, MSU
- 27-28 4-H Teen Citizenship, Leadership & Service Conference, Kettunen Ctr.

Michigan 4-H Communications Day Feb. 10, 2007 at Michigan State University Track 1: Animal Science / Track 2: Youth Views

Contests:

Public Speaking Media Promotion
Demonstration Educ. Displays
Art/Patches/Pins Job Interview
Graphic Design Photography
Cookery/
Foods

For more info,
contact Christine
at 586-469-6044.

Web1.msue.msu.edu/cyf/youth/commday.html

Macomb County 4-H Staff

Marilyn Rudzinski
County Extension Director
Kathy Jamieson
4-H Youth Agent
Tina Fleming
4-H Youth Educator
Anne Crotser
4-H Youth Educator
Christine Miller
4-H Youth Educator
Karen Hakim
4-H NATURE Prg. Assistant
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Jan Gwozdz
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Happy New Year from the 4-H Staff!



Information To Improve the Selection and Use Of Foods In Your Home

Oranges—Winter's Favorite Fresh Fruit

Volume XXVIII



When the sun doesn't spend much time in the sky, it's nice to have some fiery-looking orbs in the kitchen. Fresh navel oranges taste like summer but are at their peak in the winter. Nutritious, delicious and beautiful, oranges are a pleasure of the season.

Choosing and storing

Oranges are picked ripe and ready to eat. Choose firm oranges that are heavy for their size, as heavier oranges have more juice inside. In general, smaller oranges are juicier than larger ones. Color is not a good indication of quality. Although the fruit changes from green to orange as it ripens, under certain growing conditions the ripe fruit will begin to turn green again—and may actually be sweeter than some fully orange fruit. Store oranges on the counter for 10 days to 2 weeks, or up to 3 weeks in the refrigerator. The peel protects the fruit and very little nutritional value is lost until the skin is cut.

Nutrition

Oranges are among Mother Nature's finest gifts. Just one navel orange will meet your entire day's requirements for vitamin C! If you eat an orange, you'll also be getting more than three grams of dietary fiber, including soluble fiber, as well as folate, potassium, calcium and magnesium. You won't use much of your calorie budget to get this either, because an orange has only a little more than 60 calories. Oranges also contain health-promoting flavonoids and terpenes, which appear to help fight off cancer.

Preparation

How easy can you get—just peel and eat! Navel oranges are so easy to peel that no knife is necessary, just stick a finger in the end and pull. To juice an orange, cut it crosswise. Room temperature oranges will provide more juice than cold ones. The juice of navel oranges can turn bitter on standing or heating, so squeeze them right before drinking. If you cook with navel oranges, add them at the last minute just to heat them.

Tips for using oranges

- Should you go for the juice or the whole fruit? The whole fruit has more fiber to fill you up and is chock full of nutrients. Juice is low in fiber, but it is high in folate, which may help prevent certain birth defects and lower homocysteine levels which helps lower the risk of heart attack.
- Oranges are wonderful in a salad. Enjoy a taste of sunshine today.

Source: www.foodandhealth.com

WORD WISE

Flavonoids

Researchers are discovering that vitamins and minerals are merely the tip of the nutritional iceberg. Perhaps the largest group of "other" nutrients are the flavonoids. Researchers have identified more than 4,000 of them in plants. The major dietary sources of flavonoids include fruit and fruit products. Studies have found that the flavonoids in these foods protect against heart disease and cancer.



Source: American Dietetic Association

ORANGE MINT RICE SALAD

Ingredients

3 oranges
3 cups cooked Brown Rice
1/3 cup raisins
1/3 cup chopped fresh mint leaves
1/2 cup chopped walnuts
Salt and pepper to taste



Directions: Peel and segment two oranges; set aside. Squeeze juice from remaining orange; set aside. In a large bowl, combine rice, orange segments, raisins, mint and walnuts. Add orange juice; toss well. Salt and pepper to taste. Refrigerate 30 minutes before serving.

For more rice salad recipe ideas, check http://www.usarice.com/recipe/recipe_search.cgi/1/

Source: lancaster.unl.edu

STEPS TO NUTRITION AND HEALTH

Take steps towards better nutrition and health. It is never too late to make a change for the better. Make smart choices at every meal and do something each day to be more active. Here are the food groups that provide you the right nutrients each day.



Grains: Did you know that at least half (or about three) of the servings of grains you eat each day should be whole grains? Whole grains include all parts of the grain kernel (germ, bran and endosperm), not just the white flour that is in most foods today. Oatmeal, brown rice, barley and 100 percent whole wheat products are a few examples of whole grains.

Vegetables: Most people do not eat enough vegetables daily, especially dark green or orange veggies. If you can eat one large salad at lunch plus a few vegetables at dinner and for snacks, you are stepping in the right direction.

Fruits: Think fresh whole fruit and get a variety each day. Start with fruit for breakfast and end with fruit for dessert. Take fruit with you for snacking, too!

Milk/Dairy: Most people need to drink about three glasses of skim milk each day or get the equivalent with yogurt. Dairy foods that are low in sodium and fat yet high in calcium are the right choice.

Meat/Beans: If you are like most Americans, you probably get more than enough protein; you just don't get enough variety or keep it low in saturated fat. Start integrating beans/legumes, fish and nuts in your diet—especially if they take the place of meat.

Step More, Sit Less: Being more active and less sedentary helps you control weight and lower your risk for many chronic diseases. Did you know that cleaning the house instead of watching TV burns twice the calories? In addition to being more active, try to get about 30 to 60 minutes of exercise, like brisk walking each day.

Visit mypyramid.gov to obtain more information about MyPyramid and to find out what is right for you based on your sex, age and activity level.

Source: www.mypyramid.gov

CHECK THE LABEL

High Vitamin C Foods

Eating plenty of fruits and vegetables every day will make it easier to meet your vitamin C requirements. Vitamin C helps build and repair cartilage and bones.

Source: Hope Health Letter November 2006

Serving Size: 8 fl oz • 240 mL		
Amount Per Serving		
Calories	120	Calories from Fat 0
		% DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	27g	9%
Dietary Fiber	0g	0%
Sugars	22g	
Protein	1g	2%
Vitamin A	0%	Vitamin C 100%
Calcium	2%	Iron 0%
Unofficial Pts: 2		
DietFacts.com		
Percent of Calories from:		
Fat-0%	Carb-90%	Protein-3.3%

** HOLIDAY TABLE DONE LIGHT

- Keep your mashed potatoes “skinny” by using skim milk instead of whole milk or cream. Instead of adding butter, add a shake or two of parmesan cheese along with pepper to taste.
- Instead of serving two starches, e.g., mashed potatoes and stuffing, serve only one starch and two veggie side dishes such as holiday tossed salad, green beans, mixed steamed vegetables, carrots or turnips.
- Crushed gingerbread cookie crumbs make an excellent top crust for fruit pies (leave out the bottom crust) or bottom crust for pumpkin pies.



Source: Food & Health Communications

Roasting Those "Other" Holiday Meats



No doubt about it, holiday time is turkey time. Of the 266 million turkeys produced in 2006, 30 percent are served during the holidays. Yet numerous other meats are also traditional at holiday gatherings. Some families choose a rib roast; others, a ham; and some will have the butcher arrange a crown roast of lamb.

Whatever the choice, have a food thermometer on hand to determine when the meat has reached a safe temperature for special holiday meals, the cook wants everything perfect and perfectly safe.

The Safety of Special Holiday Meats

When choosing your holiday meat, be assured that all beef, lamb, pork, veal and poultry sold at your supermarket have been inspected for wholesomeness by the USDA or State inspection systems. Once your purchase is at home, refrigerate it immediately. Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

There are two types of hams: fully cooked and those that need cooking. Fully cooked hams may be eaten cold or reheated to 140°F. When storing these hams, observe "use by" dates on hams sealed at the plant; use store-wrapped cooked ham portions within 3 to 5 days.

"Cook-before-eating" hams must be cooked to 160°F to destroy harmful bacteria that may be present. Use within 7 days.



About Roasting

Because holidays are special times, people tend to spend more money for a specialty meat. These fancy meats and poultry may cost more because they are exceptionally tender or special.

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately low oven temperature of 325°F should be used. The USDA does not recommend cooking meat and poultry at oven temperatures lower than 325°F because these foods could remain in the "Danger Zone" (temperatures of 40° to 140°F) too long. Bacteria which may be present on these foods multiply rapidly at these temperatures.

Source: www.fsis.usda.gov

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Copy cats permitted!

Want to be on our mailing list? Please call!

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact.

Also, please let us know the number distributed for our

For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition

21885 Dunham Road, Suite 12

Clinton Township, Michigan 48036

Phone: 586-469-6432

ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

ASSET #28: Integrity

Youth are more likely to grow up healthy when they act on their convictions and stand up for their beliefs.

63%

*of youth surveyed by Search Institute have this asset in their lives.**

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Integrity" is one of six positive values assets.

* Based on Search Institute surveys of almost 100,000 6th- to 12th-grade youth throughout the United States.

Having Integrity Means Taking Risks

Fifteen-year-old Ellen Bigger of Key Largo, Florida, had every reason to have strong beliefs—and not act on them.

At the age of 5, she and a group of her kindergarten classmates got caught in cross fire between a sniper high on drugs and a police SWAT team. At age 10, someone high on drugs killed her Girl Scout leader. Ellen quickly learned that drugs were harmful. She could have lived in fear and cynicism like so many of the people in her community did.

But Ellen didn't want to live like that. She wanted to live what she believed—that she could make a difference. So she started a program called "Drug-Free Homes." She printed up a brochure explaining the program and telling the danger of drugs. On the back of the brochure, she printed a pledge



for people to sign. She then started asking people to sign up. When they did, she gave them a sticker to place on their front door or window that said: "This Is a Drug-Free Home. Every Member Within Has Signed a Pledge to Live a Drug-Free Life."

Not only is Ellen an example of integrity, so is the impact of her program. "If people in the community see that even one family has a sticker up, they have the courage to sign the pledge and post a sticker on their own homes," she says. While it may sometimes be hard for young people to stand up for their convictions, Ellen Bigger shows what can happen when young people act on what they believe.

Integrity Rating

As a family, have each member rate the integrity of the people listed below with either a "high" or "low" mark and explain why.

	HIGH	LOW
The President of the United States	<input type="checkbox"/>	<input type="checkbox"/>
Police officers	<input type="checkbox"/>	<input type="checkbox"/>
Your family doctor(s)	<input type="checkbox"/>	<input type="checkbox"/>
The media	<input type="checkbox"/>	<input type="checkbox"/>
Your teacher(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your heroes	<input type="checkbox"/>	<input type="checkbox"/>
Your religious leader(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your next-door neighbor(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your community leader(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your extended family members	<input type="checkbox"/>	<input type="checkbox"/>

Admit It

Tell your child about a time when you stood up for something even though it was difficult to do. Explain how you felt. Then share a time when you didn't stand up for something because you were afraid. Discuss why it's easier to act on your convictions in some situations than others.

time together

Three ways to help your child build integrity:

1. Point out what your child says that is different from what he or she does. Encourage your child to notice this in you, too.
2. Celebrate when your child acts on a belief or conviction when it was obviously difficult to do.
3. Comment on people's actions in the news and how they show—or don't show—integrity.

Quick Tip:
Integrity builds
over a lifetime.

More Stuff You Can Use

Integrity. This book gives an in-depth look at integrity and why it is important. (Available from HarperCollins Publishers, P.O. Box 588, Scranton, PA 18512; 1-800-242-7737.)

Final Word

"A person of integrity lurks somewhere inside each of us: a person we feel we can trust to do right, to play by the rules, to keep commitments."

—Stephen L. Carter, author of *Integrity*

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3 Steps of Integrity

"One cannot have integrity without also displaying a measure of honesty," says Stephen L. Carter in his book *Integrity*. Yet, he contends that integrity is more difficult than just being honest. Carter's three steps of integrity are:

1. Take time to discern right from wrong. What do you believe? What do you value?
2. Get involved in what you believe and value. Do something about it.
3. Admit publicly what you believe and value while acting on what you say.

talk together

Questions to discuss with your child:

- When is it easy to act on your convictions? When is it difficult? Why?
- What happened the last time you stood up for or spoke out about what you believed?
- How confident are you in acting on your convictions on a daily basis?